

13. AND 16. PERSONAL HYGIENE AND SEXUALLY TRANSMITTED DISEASES

Lesson Topic: Personal Hygiene and Sexually Transmitted Diseases.

Instructional Material:

Instructional Reference:

1. MCIO P1500.44B
2. FM 21-11
3. NAVMED P5004

Instructional Aids:

1. Visual Aid Panel

Terminal Objective:

1. To instruct Marines/Sailors in general health maintenance programs.

Enabling Objectives: Upon completion of this lesson, the student will be able to :

1. List the responsibilities for personal hygiene.
2. State the requirements for general health importance.

I. RESPONSIBILITIES FOR PERSONAL HYGIENE

A. Commanding Officer

1. Provides and maintains facilities, equipment and supplies.
2. Ensures that troops are instructed in personal hygiene.
3. Ensures that the troops comply with personal hygiene.

B. Medical Officer

1. Technical advisor to the Commanding Officer on hygiene.
2. He or his designated assistants (HM's):
 - a. Conduct inspections.

b. Conduct classes on personal hygiene.

c. Recommend corrective measures.

C. Individual Marine or Sailor.

1. Responsible to maintain his/her own high level of personal hygiene.

II. EATING HABITS

A. Eat three, moderately sized meals each day.

B. Eat a variety of foods - Fruits, vegetables, milk products, eggs and meat.

C. When in underdeveloped countries, eat only in military messes or in approved establishments.

D. Eat moderately before physical activity or before exposure to hot water.

III. SALT AND WATER REQUIREMENTS

A. Probable optimal amounts

1. Salt - Less than 2 grams for personnel who are consuming a normal diet. No supplementary salt when consuming field rations.

2. Water - Enough to keep thirst quenched at all times (as much as 15qt in 24 hours). Take in small amounts. Water intake should be sufficient to produce 2 pints of urine in 24 hours.

B. Effects of deprivation

1. Salt - No symptoms unless Marine/Sailor was previously low in salt intake, which might result in heat cramps or heat exhaustion.

2. Water - Dryness of mouth, dizziness or collapse. Urine production slows and turns dark.

IV. CARE OF CLOTHING

A. Wear the proper weight of clothing to suit the weather and climate.

B. Change your clothing at least three time a week. Skivvies and socks daily.

C. When in the field, wash with soap and water and dry them in the sun. If unable to wash clothes, crumple them and then shake them out and hang in the sun for 2 hours.

V. BATHING HABITS

- A. Bathe at least three times a week with a daily shower preferred.
- B. When bathing facilities are not available, wash with a soapy, wet rag, paying particular attention to these areas of the body:
 - 1. Groin
 - 2. Feet
 - 3. Armpits
- C. Thoroughly dry all areas of the body and use a body powder to prevent fungus growth.

VI. CARE OF THE FEET

- A. Boots should be properly fitted and broken in.
- B. Wash feet everyday with soap and cool water. Dry and apply foot powder to prevent fungus growth.
- C. After exposure to cold or moisture:
 - 1. Wash feet.
 - 2. Massage for twenty minutes.
 - 3. Change to dry socks and boots.
- D. Keep nails clean and cut straight across.
- E. Blisters.
 - 1. Wash the blistered area.
 - 2. Cover blister with gauze pad and tape. Do not puncture blisters as this may lead to infection.

VII. TOOTH CARE

- A. Brush teeth at least twice a day, After meals preferably.
- B. Dental floss should be used frequently.

- C. See a dentist twice a year.

VIII. HAND CARE

- A. Keep as clean as possible.
- B. Wash before meals and after using the head.
- C. Nails should be kept clean and trimmed short.

IX. HAIR CARE

- A. Hair is breeding ground for germs. Shampoo at least three times a week, more often for oily hair.
- B. Keep hair neatly trimmed.

X. EXERCISE

- A. Some exercise should be executed daily.
- B. Exercise to a mild fatigue and not to the point of exhaustion.
- C. Try to get at least eight hours of sleep each night.
- D. Notify the medical department if sleep does not relieve physical or mental fatigue.

XI. BODY PARASITES

- A. If you have clean habits, chances of parasites are slim.
- B. Check yourself often for ringworm's, crabs, ticks, etc. Especially after being in the field.

XII. SEXUALLY TRANSMITTED DISEASE

- A. Abstinence is the only sure way to avoid an STD.
- B. If you have sexual intercourse, use the following protective measures:
 - 1. Use a condom.
 - 2. Urinate immediately after intercourse.
 - 3. Wash genital area with soap and water.

C. Contact the medical department if you have any of the following:

1. An itching or burning sensation, or pain upon urination.
2. A discharge from the penis.
3. A sore on your genitals.
4. Any rigidity or mass in the groin area.

D. Remember the only way to contract an STD is through sexual contact.

E. The following is a list of the most common STD's.

1. Gonorrhea (clap, drip, GC, dose, etc.)

a. Most prevalent of all STD's.

b. Symptoms usually develop in 2 to 8 days after exposure.

(1) Symptoms include an itching or burning pain on urination.

(2) In the male, there will be a thick yellowish green discharge from the penis.

(3) In the female, detection is difficult. When injected, 87% tested positive for the disease but had no symptoms.

c. If untreated, it can cause sterility.

2. Syphilis

a. The most serious of STD's after AIDS. Can kill if left untreated.

b. The first symptom usually appears 2-6 weeks after exposure. It is a sore or lesion at the site of contact called a chancre. It will disappear in a short time even without treatment.

c. The symptoms of secondary syphilis appear anytime later, usually within 2-12 weeks. They include:

(1) A wide spread rash or skin eruption.

(2) Enlarged lymph nodes, papules or bumps, patches in the mouth, headache, alopecia malaise and fever.

(3) If untreated, symptoms may disappear only to reappear again and again.

d. Advanced syphilis is often called the great imitator. It may involve extensive and permanent brain, nervous system, skeleton, muscle and spine damage, as well as any or all organs of the body.

3. Herpes

a. Caused by a virus. Symptoms usually develop up to two weeks after exposure.

b. First symptoms are small "blister-like" vesicles with thin walls that rupture easily. These vesicles contain a fluid which carries the virus, when ruptured, to area areas, thus spreading the disease.

c. While not fatal, will most likely reoccur. It has been called the gift that keeps on giving.

4. AIDS - The most serious STD

a. Caused by a virus now spreading widely especially in prostitutes.

b. Transmitted by normal sexual intercourse.

c. Symptoms of a mild viral infection (fever, malaise and myalgia) may develop in 3-4 months.

d. Detectable by a blood test in 3-4 months usually but may lie dormant and undetectable for years.

e. Once infected, leads to the full AIDS complex and death in 10-12 years.
THERE IS NO CURE!

XIII. REVIEW

A. It is each individual's responsibility to maintain their own high degree of personal hygiene.

B. Contact the medical department at the first sign of illness. An early diagnosis and prompt treatment can solve a problem before it becomes disabling or possibly spreads.

C. Health can be preserved and disease can be prevented with a little common sense and some pride in yourself.

D. The instructor shall ask the students if they have any questions. Questions should also be allowed during the lecture to clarify any misunderstandings.

E. If the students do not have any questions, the instructor shall ask the students questions to insure that the lesson is understood.